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Pelham NEWS



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HEART AND STROKE

FAST action saves teen

MARYVANNE FIRTH
QM Agency Niagara

The curve of his smile isn't quite as deep on the left side of his mouth.

His gait isn't quite as strong as ever.

But his determination is as strong as ever.

Ben Fox has big sights set on a return to the ice — back to the place where his life changed on Aug. 5.

It all happened during the first hockey practice of the season when the 15-year-old defenceman with the Southern Tier Admirals was running drills at Vale Health and Wellness Centre in Port Colborne.

"I remember him going in, and I thought he had a stroke," Craig says of the team's assistant captain, who had ambitions to become an Ontario Hockey League draft pick.

"He is one of our strongest players. He's a horse. I thought maybe he took a shot in the ankle, something pulled him down."

Realizing something wasn't right, the coaching staff rushed over in confusion.

What they found was Fox numbly about his skate, seemingly disoriented.

SIGNS OF STROKE

- Drooping facial features.
- Inability to raise arms.
- Slurred or jumbled speech.

to his feet.

Instead, Ben struggled.

"He was lying there, trying to get up, but he couldn't," Craig says of the team's assistant captain, who had ambitions to become an Ontario Hockey League draft pick.

"He is one of our strongest players. He's a horse. I thought maybe he took a shot in the ankle, something pulled him down."

Realizing something wasn't right, the coaching staff rushed over in confusion.

What they found was Fox numbly about his skate, seemingly disoriented.

See FOX Page A2



MARYVANNE FIRTH/QM AGENCY NIAGARA

Fifteen-year-old Ben Fox has been working hard on his recovery after suffering a stroke during hockey practice on Aug. 5.

Debbie Pine
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UPFRONT

■ FOX

Young hockey player suffers stroke

FROM PAGE A1

They began asking him simple questions — Did he know his name? Where he was?

"He was trying to answer but was noticeably having problems. He kept stammering," Craig explained.

That's when the assistant coach laid down on the ice, face to face with his player, only to find one of the teen's pupils fully dilated and his left side lax.

It was that moment that prompted a call to 911.

While Craig suspected what had happened, it wasn't until paramedics pulled off Ben's left glove, exposing his semi-clenched hand, that he was shocked.

The young, aspiring hockey player had just suffered a stroke.

They were signs Craig had sadly seen before.

His youngest son suffered a stroke in utero four years earlier.

"(Grady's) hand was identical to Ben's," he says, calling it "a red flag" to see the symptoms in a child.

"I knew what had just happened. I knew how much had just changed for him in the blink of an eye."

Ben was rushed to hospital in Niagara Falls before being transferred to McMaster Children's Hospital. There it was learned the stroke, affecting the left side of his body, was caused by a carotid artery dissection — a separation of the layers of the artery wall supplying oxygen-bearing blood to the head and brain.

"It was a fluke that it happened," mother Jodi says of the rare occurrence.

Doctors told the Fox family he'd be hit by lightning than suffer such a stroke.

When the swelling in the young man's brain did not immediately subside, he had to undergo surgery to remove a portion of his skull to relieve the pressure.

"It was the longest couple of hours of my life," Jodi says.

"It was devastating. It was a matter of life or death at that point."

When Ben awoke in the hospital with little knowledge of what had transpired, the news was difficult to take.

But rather than dwell on the setback, he challenged himself to improve — and quickly.

On Sept. 4, he was transferred from McMaster to Holland Bloorview Kids Rehabilitation Hospital in Toronto, where he receives physical and occupational therapy three to five times a week.

He progressed at an impressive rate, leaving his doctors in awe as he left behind his wheelchair and learned to walk again after only a few weeks.

Through first, relying on a walker and then a cane, Ben is now able to walk without assistance.

Taking those first few steps for the second time in his life was a rewarding experience for Grade 10 E.L. Crossley student.

Ben's focus was initially on getting his leg functioning again, but now, with his 16th

birthday and prospect of getting his driver's licence nearing on Jan. 6, his attention has turned to his arm.

"My arm recently got a lot of movement," he says, looking down with a slight smile.

The feeling has begun to return to his hand as well, though movement at this point is still minimal.

Hoping to quicken his progress, Ben is doubling up on therapy throughout December, going twice a day in an effort to further improve before returning to high school in the new year.

"It's hard to put into words. I can't believe the strength he's got," says his mom.

"He framed it in there somewhere. To be able to progress so quickly, we're so proud of him."

But none of that would be possible, she says, without the quick action of coaching staff who helped to minimize the damage Ben incurred during his stroke.

"He wouldn't be here if not for them, not in this capacity," Jodi says.

"It was a bad situation, but it could've been a lot worse."

To help raise awareness of the signs of stroke and encourage quick action similar to that seen in Ben's case, the Heart and Stroke Foundation recently launched a new national campaign, FAST.

The acronym stands for Face: Is it drooping? Arms: Can you raise both? Speech: Is it slurred, jumbled; and Time: To call 911.

The campaign's slogan: Act



MARYANN FIRTH / QMI AGENCY NIAGARA

Fifteen-year-old Ben Fox, centre, chats with mom Jodi and assistant hockey coach Craig McPhee in the Fox family's Pelham home. Fox is recovering after suffering a stroke during hockey practice on Aug. 5.

fast because the quicker you act, the more of the person you save.

"FAST. All those things were in play," Craig says of the moment when Ben was being assessed.

"They helped us recognize something was happening."

That fast action led to Ben receiving a clot-busting drug within two hours, which can help erase the effects of ischemic stroke and lead to a fuller recovery if received shortly after the onset of symptoms.

Ben is confident he will continue to improve and he's hopeful he'll someday make his triumphant return to the sport he's loved dearly since the age of five.

Two weeks ago, he was able to set foot on the ice for the first time since the stroke.

He admits it was "overwhelming but rewarding at the same time" to be back but with the freedom to move like he once could.

Though he doesn't strap on his skates, Ben tries to make every Admirals game he can to

show his support to his teammates, who stood by his family through the difficult time.

Instead of getting "mad at the world," Jodi says her son has taken each challenge in stride.

"He never complains," she says.

"Never says 'Why me?' He's been incredible. Very mature."

Ben was scheduled to be discharged from hospital last Friday, just in time to spend the holidays at home with his family.

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LOCAL NEWS

■ WAR HERITAGE: Veterans Affairs commits to \$33,600 project



GREG FURNINGER/QMI AGENCY/NUGARA
Veterans Affairs Canada has agreed to match funding up to \$16,800 for the restoration of the First World War cenotaph outside Pelham's Old Town Hall.

Pelham's Great War cenotaph to be restored

GREG FURNINGER
QMI Agency/Nugara

The deteriorating First World War cenotaph outside Old Pelham Town Hall in Ridgeville will soon be getting some TLC.

The municipality has learned that Veterans Affairs Canada will commit a maximum \$16,800 towards restoration of the monument erected in 1920.

The other half of costs will be covered by the Town of Pelham.

Royal Canadian Legion Branch 613 will be considering a \$5,000 contribution to the project.

Mayor Dave Augustyn said there had been consideration at some point of replacing the stone, but its historic value was deemed too important.

The entire project is expected to cost about \$35,600, he said.

"We mean the cenotaph will be fully restored."

The cenotaph commemorating the 1914-18 over the past 95 years has lost some of its lead letters and engraving has eroded to the point some of its inscription is indiscernible.

In a November letter to the town confirming federal funding for the project, Veterans Affairs Minister Julian Fantino

wrote: "Cenotaphs and monuments are silent but powerful reminders of what our veterans accomplished and sacrificed for all of us."

"To maintain the faith our veterans placed in our future, we must maintain monument to their memory and care for them with the dignity and grace they deserve."

Fonthill business Kirkpatrick Montuments is expected to remove the cenotaph this winter, undertake the restoration, and have it returned to Memorial Dr. and Cemetery Park in spring. The front sides will be shaved to eliminate any existing lead lettering, depressions or holes created by the lead lettering method. It will be resurfaced and re-lettered.

Nearby the cenotaph, a deteriorated German trench mortar will be removed and replaced with another piece of surplus equipment from the Department of National Defence, yet to be determined.

Installation of paving bricks around the cenotaph and flower beds have been included in the project.

greg.furninger@qmi.ca
Twitter: @GregAtTheHub

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LOCAL NEWS

■ SPORTS: Group gives grants to pay for registration, equipment

'No kid should be left on the sidelines'

ROB HOULE QMI Agency/Niagara

It's about breaking down a barrier, the one that keeps kids from playing sports.

Since fall 2010, Kidsport Niagara has doled out \$1 million in grants to help children and youths participate in organized sports.

The regional chapter of the national organization was started by Perry Hartwick and Shari Crickmore, who together have a blended family of three children.

They both grew up playing sports, and realize its importance to leading a healthy lifestyle.

Kidsport gives up to \$250 per year per child to be used toward sports registration and/or equipment purchases.

"We've given up to \$1,500 to a family," Hartwick said.

"We believe that no child should be left on the sidelines," said Crickmore, the local

chapter's program administrator. "We raise money to help kids who can't afford to play sports."

Since 2010, Kidsport Niagara has given 370 grants. Applications for a grant can be downloaded from Kidsport Niagara's website.

A filled-out application is then scanned and e-mailed, faxed or mailed to the non-profit organization.

Applications are to include proof of financial needs, letter of reference and a completed registration form or equipment quote. Once approved, payments are made to the sports organization or locally owned sporting goods stores.

In its first quarter year, the organization gave out \$5,000 in grants, but this year is just shy of doling out \$50,000. More than half the money since 2010 — \$55,000 — has gone toward hockey registration or equipment.

Crickmore and Hartwick said all money

raised locally is distributed locally.

"Virtually every penny that we raise comes from a group of people who want to help kids go to a kid to play sports in the Niagara region. It's important people know that," Hartwick said.

"Nobody is making any money out of this."

The organization is run from their home and the couple pays out of pocket for items such as banking fees.

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While the organization has not

had to refuse a needy child to date, Crickmore and Hartwick said they expect demand to soon surpass the money Kidsport Niagara has raised.

"Next year at this time, we are going to be tight for cash, no question," Hartwick said.

Those wishing to make a donation to the organization can do so at the Kidsport Niagara website at www.kidsportniagara.ca.

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LOCAL NEWS

■ ICE BOOM: Keeping intakes clear, and the power on



An ice jam in the upper Niagara River caused flooding in parts of western New York in January 2014 but had little impact on the Canadian side of the border. The International Joint Commission, a binational group with authority over U.S./Canadian shared waterways, said at that time the ice boom had been 'overwhelmed' by extremely cold temperatures and high winds, which pushed large amounts of ice over top of it.

MIKE DIBATTISTA/QMI AGENCY/NIAGARA

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Warmest wishes for a safe and happy holiday season.

All the best in 2015!

Mayor Dave Augustyn & Town Council



Keeping the power on

ALISON LANGLEY
QMI Agency Niagara

The Lake Erie-Niagara River Ice boom is in place.

Each winter since 1964, the 2.7-kilometre-long ice boom has been installed between Fort Erie and Buffalo.

The ice boom is designed to reduce the severity of ice jams from Lake Erie into the Niagara River and maintain water flow for hydro-electric power production.

Setting up such westerly winds can force large masses of ice against the boom. When this occurs, the boom submerges and allows the ice to override it until the pressure is relieved.

Once the storm subsides, the boom resurfaces and restrains ice that otherwise would flow down the river.

The 22 spans can be installed when the Lake Erie water temperature reaches 4°C or on Dec. 16, whichever comes first, said Peter Kowalski, operating manager at Niagara River Control.

Each of the boom's spans consist of a series of floating steel pontoons anchored to the lake bottom at 122-metre intervals by 6.4-centimetre steel cables.

The boom is removed April 1, Kowalski said, or when there's less than 645 square kilometres of ice

ICE BOOM DATES

- Earliest installation – Dec. 8, 1989
- Latest installation – Jan. 14, 1993
- Latest ice boom removal – May 14, 1971
- Earliest on record – March 2, 2012

in the eastern basin of Lake Erie – between Long Point, Ont., and Erie, Pa.

Last winter the removal wasn't completed until May 7, one of the latest removal dates on record.

By late March 2014, about 14,860 square kilometres of the basin remained covered in ice.

To assist with keeping the ice under control, Ontario Power Generation uses the *Niagara Queen II*, an ice breaker that patrols the Niagara River from Chippawa to the upper end of Grand Island, N.Y.

Its job is to keep the hydroelectric intakes clear of thick ice and remove blockages above the International Control Dam.

"Normally, the ice breaker is always in the water, but it was removed this year for some maintenance work," Kowalski said.

"It's back in the water now, before ice season, and the crews are undergoing training."

The Canadian boat and its three-person crew work in conjunction with a similar vessel, the *William H. Latham*, operated by the New York Power Authority. While the U.S. boat focuses on preventing ice buildup at the Robert Moses Niagara Hydroelectric Power Station in Lewiston, N.Y., both boats work together if the need arises.

Use of the ice boom is authorized by the International Joint Commission. Ownership as well as the cost of operating and maintaining the boom is shared equally by OPG and the New York Power Authority.

alison.langley@summa.ca
Twitter: @rlslangley



Pelham NIAGARA



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RECREATION PROGRAMS & CLASSES

Zumba Classes @ Pelham Arena - No classes the week of December 24 & January 1st. See you all Tues. Jan 9th for 9:30am & 7:00pm classes!

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| Friday Jan 2 4:00-5:00 pm *Tim Horton's FREE Public Skates | *Holiday* | Friday Jan 2 10:00 - 11 am | Friday Dec 26 9:00 - 10:00 am Tuesday Dec 30 8:00 - 9:00 am Friday Jan 2 9:00-10:00 am | *Holiday* | *Holiday* | Thursday Jan 1 2:00 - 3:00 pm | Friday Jan 2 Vs Welland 7:30 pm |
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Hockey Skills Hour - Come out to practice your hockey skills and learn from a Pelham Panthers Jr. B. Trainer. Ages 10 and up welcome. Shiny rates apply.

*Tim Horton's FREE Public Skates: Tuesday December 30 from 1:00-2:00pm & 7:30-8:30pm at the Pelham Arena, 1120 Haist Street, Fonthill.

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Supervisor of Engineering

The Town of Pelham is now accepting resumes from applicants with an Engineering Technologist certificate with membership in the Ontario Association of Engineering Technicians & Technologist; 3 to 5 years of experience in a Public Works department, Municipal environment or related field; Level 2 Water Distribution System Operation; Level 2 Wastewater Collection System Operator; Certified Road Supervisor; good knowledge of Microsoft Office software, CADD, GIS systems; and supervisory experience. Knowledge of drinking water quality systems is considered an asset. This full-time opportunity is offered at \$65,040 - \$76,516 annually.

Planner

The Town of Pelham is now accepting resumes from applicants with a University Degree in Urban Planning with a minimum of 3-5 years as a municipal planner or related experience. The incumbent must hold a membership with OPPI. This full-time opportunity is offered at \$56,911 - \$66,959 annually.

Visit pelham.ca/career-opportunities for more information and to apply for either position by Friday, January 9, 2015.

CALL FOR MEMBERS - The Town of Pelham is seeking interested individuals to join the Committee of Adjustment (five persons for a four-year term). Visit pelham.ca for application details & to apply by Tues, Jan 6, 2015. For more info, contact the Town Clerk at nbozzato@pelham.ca or (905) 892-2607 ext. 315.

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LOCAL NEWS



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■ GLUCAGON

The diabetes debate

DON FRASER
QMI Agency Niagara

A Niagara school board policy is putting the lives of diabetic students at risk, say two concerned parents.

The others are troubled that District School Board of Niagara personnel are not allowed to administer a potentially life-saving injection for their diabetic children.

The board says each student with a pre-existing condition has a medical plan of action. Injections must be given by a trained student, parent or health-care professional.

Christi Webster said she troubleshooted when it was noticed her toddler, Maya, was excessively thirsty. Webster's family has a history of diabetes.

"And so then my radar went right off," said the mom.

In February, Maya was diagnosed with Type 1 diabetes. She will be three years old when she attends junior kindergarten at Connaught School next year in St. Catharines.

In Type 1 diabetes, the body's immune system destroys the cells that release insulin, eventually stopping insulin production. Without insulin, cells cannot absorb sugar to make energy.

"It came to my attention that District School Board of Niagara staff will not administer glucagon which is used for diabetics that become unconscious due to a sugar low," Webster said.

That medicine, usually from a pre-measured syringe, rapidly raises the blood sugar of someone experiencing a crash. Insulin itself can come from a syringe, "pen" or pump. Maya uses a pen.

"It terrifies me to know she will not be safe to attend school [in my opinion], it's a pretty scary situation," said Webster. "They are not about to give her the glucagon, and we can't guarantee a nurse will be there."

"I would like for training to be able to administer glucagon in case of an emergency and have it available with her," she said. "This isn't about criticizing the staff at Connaught. I want to stress that it's about the DSBN and for other parents that have to deal with this."

School board spokesman Kim Yielding said board policy states any medication to be injected at school should be given by the pupil, parent or health care professional. That includes glucagon and insulin.

Staff are not required to administer medical injections part of their jobs.

"A third-party health professional (such as Community Care Access Centres) is responsible for administration to schools, because they are trained to administer medication by injection and calculate dosage requirements," Yielding said.

A plan of care is set up for each student with a pre-existing condition, including diabetes. This includes blood glucose tests and the administration of insulin as needed.

Any time any medical emergency happens, 911 is called immediately.

"Every situation is unique," Yielding said. "And that includes an emergency-action protocol for each student."

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LOCAL NEWS

■ ANIMALS: Aptly named Trooper on the mend after major surgery

Cat with untreated injury has leg amputated

ROB HOUKE
VM Agency Niagara

Trooper is going to get a second chance.

Responding to a complaint of animal cruelty last Monday night in Thorold, Lincoln County Humane Society discovered a cat with a leg injury that had not been treated.

Humane society executive director Kevin Strooband said the one- to two-year-old orange tabby was surrendered to the animal welfare agency and immediately transported to an emergency clinic, where it was decided the cat required surgery to amputate its right rear leg.

"It's not a case where we could have waited to go to the vet that the humane society normally uses, in the morning. It was, no, we have to do this right now,"



It's not a case where we could have waited to go to the vet that the humane society normally uses, in the morning. It was, no, we have to do this right now."

Kevin Strooband

health of the cat, which staff have named Trooper.

"We felt this surgery was the best choice for this kind cat, who deserves to be cared for in a loving home," Strooband said.

Since Trooper was surrendered to the humane society, he now belongs to it and will be adopted once he recovers at a foster home.

Because the Ontario Soci-

ety for the Prevention of Cruelty to Animals is investigating, Strooband could not discuss the specifics of how the humane society became aware of Trooper's plight or the extent of the leg injury, other than to say it required amputation.

Strooband said Trooper's prognosis for recovery is "guarded" but very good.

rob.houke@sunmedia.ca



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LOCAL NEWS

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ALISON LANGLEY
CMi Agency Niagara

Linda Wichert is a citizen scientist. The Niagara Falls woman has been a member of Project FeederWatch, a North American-wide program that tracks birds with the help of backyard bird lovers, for well over 10 years.

"So many people are into bird watching that it's one of the most popular past times and I just love it," she said.

The volunteers track which birds visit their bird feeders between November and April and share information with scientists at Bird Studies Canada and Cornell Lab of Ornithology.

In Wichert's case, every two weeks she spends two days tracking what birds take advantage of her four bird feeders and seed bells.

"Being in the city, it's surprising how many I get," she said.

She estimates her total exceeds 1,000 birds each season including chickadees, cardinals, blue jays, finches, woodpeckers, doves, nuthatches and juncos.

"I came outside one day and there was a big horn flying over my house."

Wichert also makes a note of the temperatures as well as whether it's raining or snowing.

She enters the information online and scientists use the data to track changes in bird numbers and movements.

Each checklist submitted by Feeder-Watchers helps scientists learn more about bird populations.

"Turning the hobby of bird watching into research and the contribution is what FeederWatch is all about," said Kerri Wilcox, Project FeederWatch coordinator at Bird Studies Canada.

FeederWatch participants are citizen scientists. They are the eyes and ears for professional scientists."

And, you don't need to be an expert on birds.

A poster of common birds is provided as well as online program resources.

Sightings are entered online at birdscanada.org/wwwfeeder/pfw or reported on the phone or fax form.

Last season, more than 3,100 Canadians took part in the program.

Officials say the 2013-2014 Project FeederWatch season may have been the coldest, snowiest season since the program began in 1987.

Participants in many cities across Canada experienced frigid temperatures, harsh winds, and record snowfall last winter and reported fewer birds and less variety than in previous seasons.

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LOCAL NEWS

■ BUTTERFLY CONSERVATORY: Blue Morpho exhibit returns for second year



PHOTOS BY MIKE CHIARISTI/QMI AGENCY/NIAGARA

A blue Christmas on wings

ALISON LANGLEY
QMI Agency Niagara

It's a true blue Christmas at Niagara Parks Butterfly Conservatory.

More than 500 vibrant Blue Morpho butterflies have been added to the 2,000 butterflies at the indoor rainforest as part of a special holiday exhibit.

This is the second year the conservatory has hosted the Blue Morpho event.

"We wanted to showcase one of our visitors' most favourite butterflies," said curator Cheryl Tyndall.

Blue Morphos are beautiful. They are very large butterflies and the blue iridescent colours on the wings are just stunning.

There are normally between 100 and 200 Blue Morphos at the conservatory.

The conservatory now has an additional 500 butterflies on display and another batch will soon emerge from their pupae and prepare for flight.

In the coming days, there could be up to 1,000 bright blue butterflies fluttering about.

Blue Morphos are native to South and Central America and have a wingspan of 9.5 to 12 centimetres.

They are known as "dusk to

dawn" butterflies as the males are active early in the morning and later in the day.

"The males will congregate together and chase each other through the conservatory," Tyndall said. "It's almost like a dance and it's quite fun to watch."

The dance is actually a show of bravado from males eager to protect their territory and attract a female's attention.

The butterflies aren't shy, and visitors shouldn't be surprised if one lands on their head or shoulders.

Tyndall recommends wearing clothing with a subtle pattern for a truly interactive experience.

If the males see blue, they'll come down to it because they'll think you're another male in their territory or they'll think you're a female and they'll come down to get a closer look."

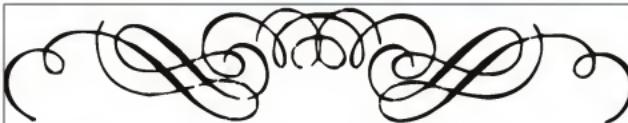
The exhibit continues until Jan. 4.

Tyndall said the conservatory is a great place to escape the chilly weather and walk among some of nature's beautiful features.

"Now is an excellent time to come," she said.

Visit www.niagaraparks.com for more information.

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Hundreds of Blue Morpho butterfly pupae are set to hatch over the next few days, bringing the total at the Butterfly Conservatory to more than 1,000.

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LOCAL NEWS

■ **HEALTH:** Region study shows treadmill-desks are popular

Chained to the work station no more

JENNIFER CHORNLEY
Special to QMI Agency News

Niagara Region health safety officer Trevor Ward echoes health experts worldwide when he says sitting for hours at a time is not healthy.

But many jobs today require just that — long hours of sitting, working on a computer or talking on the telephone, with the odd break to get up and stretch.

Niagara Region began providing treadmill workstations for its employees as a pilot project more than a year ago, and now has 12 treadmill desks outfitted with a full computer and telephone headset.

That allows region employees — especially those who typically spend their days seated at a desk — to stay active while still getting work done.

The desks are height-adjustable, and employees sign up to use them. The project was launched by the public health department based on research that shows a sedentary lifestyle has been associated with health problems such as obesity, diabetes and even early death.

The pilot project has ended, says Ward, and the evaluation report shows only positive results for nearly every user of the workstations, some of which have been moved to satellite offices to spread the benefit among more employees.

Some of the remaining treadmill desks at the regional office have been moved around to provide better access to more of the employees with sedentary jobs, he says.

As a health and safety officer with more than 30 years' experience, Ward says he balances the \$4,000 cost of each workstation against the cost of people who are becoming ill with cumulative health issues caused by inactivity.

And the cost of replacing those employees while they're off work.

"When people are out of the workplace for long periods of time, it can be very expensive. I see this as money well spent."

The region also purchased several sit-to-stand desks. Cathy Simpson, chief executive officer of the Niagara-on-the-Lake Public Library, goes to a chiropractor regularly because of her desk and neck problems.

Simpson first suggested the problem and increases the pain. So she did some research on healthy workstations, spoke to the public health department about the pilot project and with a report to back up her request, asked the library board about purchasing a treadmill-desk combination for her office.



Cathy Simpson, CEO of the Niagara-on-the-Lake Public Library, walks and works at her treadmill workstation.

There was some discussion about the "optics" of the purchase, says Simpson, and fear it might seem an extravagance.

But Andrew Porteus, chair of the board that governs the library, sets policy and approves the operating budget for the building, etc., was receptive of her request.

The board voted to spend \$4,000 of the library's capital budget for furniture replacements on a treadmill workstation for her. "We take the health of our employees very seriously and are doing what we can to create a healthy work environment," says Porteus.

Sit-to-stand desks were also purchased for employees, and Simpson is hoping the board will purchase one more treadmill workstation staff member.

While she understands some employers might balk at the cost, she says she welcomes the opportunity to help promote awareness of the importance of a healthy workplace and the connection between healthy employees and productivity.

Simpson logs three to four miles walking on the treadmill each day, at a comfortable 1.3 miles per hour which allows her to talk on the phone, read and type on her computer. The treadmill is designed to complete slow speeds — you can't run with it, she says.

She has worked it into her daily routine, generally spending an hour or more on it first thing in the morning and then again in the afternoon for a total of two to three hours a day.

HOLIDAY WASTE MANAGEMENT SERVICES

HOLIDAY CHANGES IN WASTE COLLECTION

Garbage, recycling and Green Bin collection will be deferred by one day in the week following Christmas Day and New Year's Day.

| Regular Waste Collection Day | Changed to: |
|------------------------------|-------------------|
| Monday, Dec. 22 | No change |
| Tuesday, Dec. 23 | No change |
| Wednesday, Dec. 24 | No change |
| Thursday, Dec. 25 | Friday, Dec. 26 |
| Friday, Dec. 26 | Saturday, Dec. 27 |
| Monday, Dec. 29 | No Change |
| Tuesday, Dec. 30 | No Change |
| Wednesday, Dec. 31 | No Change |
| Thursday, Jan. 1 | Friday, Jan. 2 |
| Friday, Jan. 2 | Saturday, Jan. 3 |

HOLIDAY GARBAGE EXEMPTIONS

In the week following Christmas (Dec. 26, 27, 29, 30, 31), households may place double their regular weekly garbage limit to the curb on their collection day.

CHRISTMAS TREE COLLECTION

- Saturday, Jan. 10, 2015 ONLY
- Christmas trees must be at the curb by 7 a.m.
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**COMMISSO'S
FRESH FOODS**


Fresh California
Seedless
Oranges
Product of USA

2.49
4lb bag

Celebrate a New Year with Commisso's!



Maple Leaf
Bacon
Regular, Salt Reduced
or Lazy Maple

2.99
375g

LESS THAN
1/2
PRICE



Beatrice
100% Pure
Orange Juice
1.75L

2/3



Gray Ridge
Premium
Eggs

2.99
18 pack



Cinnamon or Sunmaid
Cinnamon Bread
or Raisin Bread

2.49
450g



Dempster's
English Muffins
Assorted Varieties

2/3
340g



Beatrice
Sour Cream
Assorted Varieties

.99
500ml



JJ Wilkes
Pierogies
Assorted Varieties

1.99
1kg



Fresh
Boneless Rib Eye
Grilling Steaks
Family Pack

9.99
lb
22.02kg



Maple Leaf Prime
Canadian Farm Raised
Breaded Chicken Strips
Nuggets or Burgers

5.99
750g



Fresh
Capless Prime Rib
Oven Roast

7.99
lb
17.61kg

Sale prices in effect Saturday Dec. 27 through Wednesday Dec. 31, 2014

| | | | | |
|-----|-----|-----|-----|-----|
| SAT | SUN | MON | TUE | WED |
| 27 | 28 | 29 | 30 | 31 |

6161 Thorold Stone Rd., Niagara Falls, ON

Holiday Hours

Christmas Day & Boxing Day - CLOSED
New Year's Eve - 7am-6pm • New Year's Day - CLOSED



Want to see even more savings?
Visit CommissosFreshFoods.com
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